

Alexandra's Refreshing Watermelon Salad

Makes: 4 Servings

“Alexandra was given a gift of a cast iron skillet,” says Alexandra’s mom, Brianna. “Upon the realization that anything is possible with cooking and understanding the limitless potential of creating healthy foods that are fulfilling to the senses and the soul, she has expanded her cooking talents to include the artistic, nutritious creation of salads! Alexandra's salad was created the day that her grandmother gave her a fresh watermelon. She quickly got busy creating this tantalizing salad that got rave reviews from her family!”

Ingredients

1 cup fresh spring greens
1 cup fresh cilantro
1 cup fresh watermelon, cubed
1/2 cup red grapes, halved
1/4 cup walnuts, chopped
1/4 cup Feta cheese
4 whole--grain dinner rolls
2 teaspoons butter

Directions

1. In a large salad bowl, mix all ingredients together. Arrange the salad mixture on a platter and serve with whole--grain dinner rolls spread with grass-fed butter, if possible. ENJOY!!!

The 2016 Healthy Lunchtime Challenge Cookbook



Nutrition Information

Nutrients	Amount
Calories	215
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	14 mg
Sodium	281 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	9 g
Added Sugars included	3 g
Protein	6 g
Vitamin D	0 mcg
Calcium	106 mg
Iron	2 mg
Potassium	277 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/2 cup
	Vegetables	1/4 cup
	Grains	1 1/2 ounces
	Protein Foods	1/2 ounce
	Dairy	1/4 cup